

# Taijiquan & Qigong Classes – Spring 2012

**9<sup>th</sup> January – 6<sup>th</sup> April (Good Friday)**

*Half-term: No classes during the week of Monday 13<sup>th</sup> Feb. – Friday 17<sup>th</sup> Feb.*

**Cost of classes:** The 1<sup>st</sup> course that you attend is charged at full rate; the cost of any additional course is **50%** of the course fee.

**N.B.: All levels... You can try out any taiji hand/weapon class or qigong class for £5.**

**The Abbey Community Association:** 34 Great Smith Street, SW1.

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Advanced	Yang 24-Step	Tuesday	10 <sup>th</sup> Jan.	3 <sup>rd</sup> Apr.	12	12.05-1.00pm	£126
Beginner & Intermediate	Yang 24-Step	Tuesday	10 <sup>th</sup> Jan.	3 <sup>rd</sup> Apr.	1+11	1.05-2.00pm	£5/£121
Seated Exercise	Various	Monday	9 <sup>th</sup> Jan.	2 <sup>nd</sup> Apr.	12	2.45-3.45pm	N/A
Taiji & Qigong: over-50s	Yang 10-Step	Tuesday	10 <sup>th</sup> Jan.	3 <sup>rd</sup> Apr.	12	2.45-3.45pm	N/A

**The Drill Hall:** 16 Chenies Street, London WC1E 7EX.

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
All levels (& Beginners)	Yang 24-Step	Monday	9 <sup>th</sup> Jan.	2 <sup>nd</sup> Apr.	12	6.05-7.00pm	£126
All levels (& Beginners)	Yang Broadsword		9 <sup>th</sup> Jan.	2 <sup>nd</sup> Apr.	12	7.05-8.00pm	£126
Qigong (all levels): (See page 2 for details)			9 <sup>th</sup> Jan.	2 <sup>nd</sup> Apr.	12	8.05-9.00pm	£126
All levels / 1½ hour class	42-Step Sword	Tuesday	10 <sup>th</sup> Jan.	3 <sup>rd</sup> Apr.	12	<b>6.05-7.30pm</b>	£189
All levels / 1½ hour class	42 Hand Form		10 <sup>th</sup> Jan.	3 <sup>rd</sup> Apr.	12	<b>7.35-9.00pm</b>	£189

**55 Huntingdon Road, N2 9DX.**

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Beginner	10-Step	Wednesday	11 <sup>th</sup> Jan.	4 <sup>th</sup> Apr.	12	12.00-12.55pm	£126
Intermediate	24-Step	Wednesday	11 <sup>th</sup> Jan.	4 <sup>th</sup> Apr.	12	1.00 - 1.55pm	£126

*Parking: No problem before 2pm.*

**Sevenoaks:** The Knole Academy, Bradbourne Vale Road. (Thurs). St.Luke's Church Hall, Eardley Road. (Fri).

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
<b>PLEASE NOTE CHANGES</b>							
All levels	42-Step	Thursday	12 <sup>th</sup> Jan.	5 <sup>th</sup> Apr.	1+11	6.35-7.30pm	£126
All Levels	24-Step (all levels)	Thursday	12 <sup>th</sup> Jan.	5 <sup>th</sup> Apr.	12	7.35-8.30pm	£126
Qigong (all levels): (See page 2 for details)		Thursday	12 <sup>th</sup> Jan.	5 <sup>th</sup> Apr.	1+11	8.35-9.30pm	£126
Taiji & Qigong: over-50s	10-Step	Friday	13 <sup>th</sup> Jan.	6 <sup>th</sup> Apr.	12	12.05-1.00pm	£126
All levels	Sun Style Tai Chi	Friday	13 <sup>th</sup> Jan.	6 <sup>th</sup> Apr.	12	1.05-2.00pm	£126

**Longfield:** The Longfield Integrated Care Centre, Tuppence House, Brickfield Farm, Main Road, Longfield, Kent, DA3 7PJ.

Standard	Form	Day	Starts	Ends	Wks	Time	Cost
Taiji & Qigong (All levels)	Sun style Tai Chi	Friday	13 <sup>th</sup> Jan.	30 <sup>th</sup> Mar.	11	9.15-10.10am	£115.50
Taiji & Qigong (Beg.)	10-Step	Friday	13 <sup>th</sup> Jan.	30 <sup>th</sup> Mar.	11	10.15-11.10am	£115.50

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# Notes on the Spring 2012 Classes

**The Abbey Community Association:** 34 Great Smith Street, SW1.

Standard	Form	Day/Time	Notes
Advanced	24-Step	Tues.12.05	Yang 24-Step Form + more advanced techniques
Beginner & Intermediate	24-Step	Tues.1.05	2 groups: 1) Beginners & 2) Int.: The 2 <sup>nd</sup> half of the Yang 24-Step Form
Seated Exercise	N/A	Mon.2.45	Only for those who have trouble standing. Exercises to strengthen the legs, and to make the body more flexible.
Taiji & Qigong: over-50s	10-Step	Tues.2.45	Qigong set; working on the Yang 10-Step Form & Sun 12-Step (arthritis)

**The Drill Hall:** 16 Chenies Street, London WC1E 7EX.

Standard	Form	Day/Time	Notes
All levels	Yang 24-Step	Mon. 6.05-7.00	Two groups – beginner and int./advanced. Ideal for those people wanting to find out what tai chi is.
All levels	Yang Broadsword	Mon. 7.05-8.00	The Yang Broadsword from the beginning. Beginners are very welcome.
Qigong (all levels)		Mon.8.05	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; Breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body.
All levels	42-Step Sword	Tues.6.05	This is a <b>1½ hour</b> class. If you haven't done a sword form before, you are welcome to try it out. The course will focus on the 2 <sup>nd</sup> half of the Form.
All levels	42 Hand Form	Tues.8.35	This is a <b>1½ hour</b> class. The 42-Step Combined Competition Routine uses movements from Yang, Chen, Sun, and Wu t'ai chi styles.

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Run from my home, this will therefore only be for small numbers (depending on how many will fit into a conservatory!).

Standard	Form	Day/Time	Notes
Beginner	10-Step	Wed. 12.00	Yang 10-Step Form – a good set of movements for beginners.
Intermediate	24-Step	Wed. 1.00	Yang 24-Step Form: the 2 <sup>nd</sup> half.

**Sevenoaks:** The Knole Academy, Bradbourne Vale Road. (Thurs). St.Luke's Church Hall, Eardley Road. (Fri).

Knole. - Standard	Form	Day/Time	Notes
<b>PLEASE NOTE CHANGES</b>			
All levels	42-Step	Thurs. 6.35	The 42-Step Combined Competition Routine combines movements from Yang, Chen, Sun, and Wu styles of tai chi.
All levels	24-Step	Thurs. 7.35	24-Step Form: Beginners: 1 <sup>st</sup> half. Int./Adv.: 2 <sup>nd</sup> half in detail
Qigong (all levels)		Thurs. 8.35	Standing qigong (Zhan Zhuang); Dao Yin exercises; Yiquan; Breathing techniques; postural awareness; building energy; releasing tension in the body; understanding the connections of the body.

ST. LUKES - Standard	Form	Day/Time	Notes
Taiji/Qigong	10-Step	Fri. 12.05	Qigong exercises; Yang 10-Step Form from the beginning
Intermediate/Advanced	Sun Style Taiji	Fri. 1.05	A Sun style Form; this is very good for those with arthritis in the knees, and who therefore find it difficult to bend at the knees.

**Longfield:** The Longfield Integrated Care Centre, Tuppence House, Brickfield Farm, Main Road, Longfield, Kent, DA3 7PJ.

Standard	Form	Day/Time	Notes
Taiji & Qigong (All levels)	Sun style Taiji	Fri. 9.15am	Qigong exercises & Sun style tai chi: This is for beginners also. Sun style is slightly gentler for those with arthritis in the knee joints.
Taiji & Qigong (All levels)	10-Step	Fri. 10.15am	Qigong exercises & 10-Step Form

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